

**BODYTECH®**

# GLUTAMINE

**ANTI-CATABOLIC &  
RECOVERY AGENT**

**UNFLAVORED**

DIETARY SUPPLEMENT  
**NET WT. 4 OZ. (113 g)**

## Supplement Facts

Serving Size 1 Heaping Teaspoonful (4.5 g)  
Servings Per Container about 25

|   | Amount<br>Per Serving | % Daily<br>Value |
|---|-----------------------|------------------|
| L-Glutamine<br>(a free form amino acid) | 4.5 g                 | *                |

\* Daily Value not established.

**Other ingredients:** None.

**Does not contain:** Yeast, Corn, Wheat, Gluten,  
Sugar, Salt, Soy, Starch, Dairy, Citrus, Fish,  
Animal Derivatives, Preservatives, Artificial  
Colors or Flavors Added.

These statements have not been evaluated by  
the Food and Drug Administration. This product  
is not intended to diagnose, treat, cure or prevent  
any disease.

STORE IN A COOL, DRY PLACE.  
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT  
Do not use if outer seal is broken or missing.



**DIRECTIONS:** As a dietary supplement, mix one (1)  
heaping teaspoonful (4.5 g) with 6-8 oz. of water or  
your favorite beverage and consume daily.

**WARNING:** Consult your healthcare provider prior to  
use if you are pregnant, nursing, taking any medication  
or have any medical conditions.

L-Glutamine is the single most abundant amino acid  
in the human body. It is involved in regulating protein  
synthesis and has been shown to possess  
Anti-Catabolic properties to help preserve muscle.  
Intense exercise can deplete glutamine stores,  
however, supplemental glutamine is thought to  
replenish these stores allowing for enhanced recovery.

**Distributed by: Vitamin Shoppe, Inc.**  
Secaucus, NJ 07094  
Visit [www.bodytech.com](http://www.bodytech.com)  
or call 1-800-223-1216  
for more information and to reorder.

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